

# A family education



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ACROSS

1 Triangular sail

4 PBS science show

8 Item on stage

12 Exist

13 News-paper page

14 Volcanic flow

15 Sheepish remark?

16 1980 Robbie Dupree hit

18 — Valley (1960 Olympics site)

20 Periodical, for short

21 Part of SMU (Abbr.)

24 Former larvae

28 2000 Tom Hanks movie

32 Other-wise

33 Shade

34 Forbiden

36 Lubricate

37 List-ending abbr.

39 Formally relinquish

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44 Loud dance

46 Proclamation

50 To start prematurely

55 Twosome

56 PC picture

57 Portrayal

58 Work unit

59 Wild and crazy

60 Couldn't keep a secret

61 Lawyers' org.

DOWN

1 Pokes

2 Mideast nation

3 Suitor

4 "Piece of cake"

5 Choose

6 Churchill gesture

7 He helped

8 Cain

8 Pestilence

9 Un-cooked

10 Eggs

11 Salary

17 Once around the track

19 Qty.

22 "— the night before ..."

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35 Like a Cyclops

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42 Erstwhile acorn

45 Section

47 Concept

48 "— Your Enthusiasm"

49 Frat party outfit

50 Job, jocularly

51 HDTV brand

52 A billion years

53 Court

54 Every last bit

Solution time: 21 mins.

PLEA ECHO BOB  
HEMS NOEL ODE  
DASHBOARD AIM  
CAST LORNE  
URBAN WARD  
SOON HOEDOWNS  
ETA DIARY AAH  
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DIGS ANKLE  
HORDE MALT  
ABO SNOWBOARD  
NEO TUNANIC  
GYM STAY SLAW

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1-19 CRYPTOQUIP

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X VQGCGFJRQGRK ODMVXMD

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Yesterday's Cryptquip: BECAUSE THE FELLOW STARTED INCLUDING MORE GRAIN HUSK IN HIS DIET, HE FELT LIKE A BRAN-NEW MAN.

Today's Cryptquip Clue: X equals I

Logan's Run

By Erin Logan



CITY COMMISSION

City approves parks, fire station for construction

Danny Davis

senior staff writer

Commissioners approved a contract with Hittle Landscape at last night's city commission meeting. The contract for \$148,169.00 is for the creation of three pocket parks near Manhattan Marketplace Shops in Lot 10 of the North End Redevelopment area.

According to the proposal from Thomas J. Hittle, landscape architect with Hittle Landscape Architects, the parks will be located on the north side of Leavenworth Street, west side of 3rd Street and both sides of Osage Street. In each of the parks, a plaza will occupy one corner of the park.

The agreement passed 3-2. Commissioner Bob Strawn voted against the agreement. "This is absolutely useless," Strawn said. "In order to have a park, you have to have some scope to it, not three small sections."

Combining two of the parks into one makes more sense, Strawn said. It would occupy the same amount of square footage thus it would not take up more parking space than the current design.

Mayor Bruce Snead felt differently, however.

"I don't share the pessimism about the design performance that you do Strawn," Snead said. "I believe this is a reasoned, well-based design response. I believe that these will be used."

On the general agenda, the commissioners passed a motion to form a construction contract for fire stations with a 5-0 vote. The plan will relocate Fire Station 3 and build Fire Station 5. Fire chief Jerry

KenKen

Medium

Use numbers 1-4 in each row and column without repeating. The numbers in each outlined area must combine to produce the target number in each area using the mathematical operation indicated.

3-		2/	6*
9+	3		
		5+	
2/		1-	

1-	16*	2/	
			9+
3-	9*		
	2		

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CORRECTIONS

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kansas state

Pregame with the collegian

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kansas state collegian

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W O R D

every day on page 2

kansas state collegian

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Feb. 13, 15

Jan. 30-Feb. 1, Feb. 3

Feb. 6-10

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# WORK IT OUT

## Traditional methods most effective to lose extra holiday weight gain

**Kelsey Castanon**  
edge editor

The mass amount of weight loss resolutions year after year might account for the one-too-many pounds gained over the holiday season. Needless to say, the months leading up to January are filled with gluttonous eating frenzies. From Halloween's guilt-inducing candy fix, to Thanksgiving and Christmas' turkey and ham feasts, starting the year off right might be a little more difficult with the result of an expanded waistline. What we all want, however, is to get rid of the unwanted weight gain.

Dianna Schalles, registered dietician for Lafene Health Center, said many factors contribute to the temptation to overindulge during the holidays, including "busyness, disrupted routines and colder weather."

In a study conducted by the National Institutes of Health, the average weight gain between Thanksgiving and New Year's for 200 participants was less than a pound, even though most people estimated they gained more. That said, instead of dwelling on the numbers, focus on the healthiness of your lifestyle regime. Feeling better means looking better and that can go a long way.

Although a miraculous snap of the fingers would be a nice way to lose the weight if it exists, the reality is it might take a bit more sweat and restraint to get rid of any additional holiday pounds, what-

ever the number might be.

"Many people have trouble sticking to a regular meal and snack routine during the busy holiday season," Schalles said. "This can translate into skipped meals, which can make a binge on all those higher calorie treats more likely."

Instead, she advised students to eat meals or snacks every three to five hours and to "avoid mindless munching."

An increase in food intake over the holidays could result in higher hunger levels and finding a balance between high-fiber foods, protein and carbohydrates is important. Over-restricting carbs and calories can lead to hunger, Schalles said. However, she said feasting on high-sugar foods at the expense of a balance between carbs or proteins and fats can increase hunger levels as well.

It might also be tempting to give in to the weight loss promises highly advertised on TV; however, Schalles said rapid weight loss supplements do not provide long-term results and could be potentially dangerous.

Along with getting the right amount of vegetables, carbs and protein, exercise is crucial in the weight loss process.

"Many people decrease their activity levels, increasing the odds that the scale may inch upwards by Jan. 2," Schalles said.

According to *mypyramid.gov*, adults should get at least 30 minutes of moderate exercise most days of



Nathaniel LaRue | Collegian

**Scott Runde**, graduate student in landscape architecture, works out in Max Fitness on Tuesday afternoon. "I just started working out here a couple of days ago," Runde said. Working out at a gym or exercising at the park can help offset some of the extra caloric intake that some might have experienced over the winter break.

the week. For a personalized food pattern, *mypyramid.gov* has a personalized plan that will predict an individual's calorie-intake and physical activity needs based on basic demographics. Also scheduling a meeting with a nutrition counselor is a good way to determine an individual food plan. Whether trying to lose weight is on your agenda, being active is an important contributor to overall health.

"The best way to motivate yourself to exercise is to find something you like to do,

that way you will look forward to doing it," said Julie Gibbs, director of health promotion and nutrition counseling for Lafene.

In Manhattan, there are multiple places and ways to increase your heart rate, which will, inevitably, help you lose weight. Gibbs said if finding something you like to do doesn't work, at least find something you can tolerate — then mix it up. She also said adding variety to your work out routine is good for your body because it doesn't get used to doing

the same thing.

"Some great types of workouts for the winter could include taking classes at the Rec, spinning classes, walking/running on the treadmill, swimming at the Natatorium or taking a Deep Water Jogging class at the Natatorium," Gibbs said. "Ice skating is also a fun option."

Schalles also said excess alcohol could make it difficult to stick to a regular workout routine. The lack of energy to work out after drinking the night before, along with lack of sleep or

sleep impairment due to drinking habits can vastly rupture a work out regime, she said.

If you are interested in individual nutrition counseling or have any questions, call 785-532-6544 for more information or to schedule an appointment with Lafene's registered dietician.

That said, instead of stressing about the weight gained over the holiday season, focus on eating healthier and exercising more. Your New Year's wardrobe could depend on it.

## Classic winter drinks

**Alexandra Lathrop**  
staff writer  
**Kelsey Castanon**  
edge editor

During the winter months, sometimes the only thing you want to do is sit by a fire with a hot cup of coffee and a blanket. Other times, the weather is bitter enough to make you want to sit back and sip on something a little more, well, potent.

According to the Northern County Psychiatric Associates, seasonal affective disorder, also known as SAD, is a condition that typically develops once fall turns into winter. Cloudy, cold temperatures seem to have a negative effect on the attitudes of college students, thus putting them in a bad mood. All of which could affect not only the mental and physical health of a student, but also the homework assignments and work that being a student entails. Seeing as how the worst of the winter weather is far from over, throwing a back-to-school celebration

with warm, seasonal drinks might just be the answer to curing the mid-winter blues.

An article on *healthmad.com* titled "Fighting The Winter Blues" suggests throwing a gathering or "making social arrangements will motivate you to get up in the morning and leave the house." Making plans with friends could eliminate any negative feelings and encourage a more positive outlook on life. What might be necessary for this festivity? The answer is as simple as a plethora of warm drinks to keep the mood and atmosphere anything but cold.

These drink ideas will help heat up the party, leaving the icy conditions outside the last thing on anyone's mind.

So if planning a back-to-school celebration is on your agenda, keep in mind these warm and cozy drinks. Whether it's a Scotch cocktail, apple cider or spiced hot chocolate, all of these drinks will leave you happily soaking up all that the winter season has to offer.



### Spiced Hot Chocolate

3 1/2 cups milk  
7 oz/200 g semisweet chocolate, broken into small pieces  
2 tsp sugar  
1 tsp allspice  
4 sticks cinnamon  
2 tbsp whipped cream  
Put the milk, chocolate, sugar and allspice into a saucepan over medium heat. Stir until the chocolate has melted and the mixture is simmering but not boiling. Remove from the heat, pour into heatproof glasses with cinnamon sticks and top with cream.

### A Scotch Cocktail

2 measures Scotch whisky  
1 measure cream  
1 measure honey  
Mix all the ingredients well in a warmed glass and let cool. Add a spoon or stirrer to mix.

### Rum Toddy

1 measure rum or brandy water or sugar, to taste  
orange peel twist  
Warm the rum with an equal amount of water and add sugar to taste. Add the peel and serve in a heatproof glass.

### Old Soak

2 measures golden rum  
1 measure Southern Comfort  
1 measure ginger syrup  
cracked ice  
club soda  
Stir the first three ingredients over ice in a chilled tumbler or large wine glass. Fill with club soda to taste.

### Caramel Apple Cider

1 1/2 cups apple cider  
1 1/2 tablespoons caramel sauce or caramels  
1/2 teaspoon vanilla  
Combine ingredients into a saucepan, heat on medium-high, stirring constantly until melted.

**Sandi Lam**  
staff writer

It happens every year. As winter rolls around, skin dries and cracks. Re-applying moisturizer becomes an hourly routine. Each moisturizing session is less fruitful than the last. Luckily, this winter nuisance is easily explained and solved.

In a healthy state, the outermost layer of skin is rich in natural skin oils that protect the underlying layers, according to a report by the University of Iowa Clinic.

When dealing with the winter cold, the outermost layer of skin tends to lose the moisture that it normally retains. The clinic also reported that in this process, this layer undergoes shrinkage and the physical attributes of dry skin become visible.

Julie Gibbs, director of health promotion at Lafene Health Center, said she can relate to the discomfort of winter skin.

"My skin is cracked everywhere because of the lack of moisture in the air," Gibbs said.

She advised taking fewer showers in the winter season and lathering up with lotion.

As the environment changes, skin care habits should as well. No matter how often you moisturize, it is important to use the right product for your skin. Visiting a physician or a dermatologist is one way to find a product that works well with a particular skin type, but it can also be rewarding to hunt for a product by oneself.

The WebMD article "10 Winter Skin Care Tips," by Susan Davis, recommends a "moisturizer that is oil-



Anthony Drath | Collegian

Lotion can help relieve dry skin during the winter, especially when applied after a shower.

based, rather than water-based, as the oil will create a protective layer on the skin."

It is not only the cold, wintry wind that dries out skin. As a result of the cold, heaters are frequently on, causing the circulation of warm, dry air. In the WebMD article, Davis suggested placing humidifiers throughout a residence to introduce moisture to the atmosphere.

A hot bath or shower might seem tempting after a cold day, but is actually

damaging. While it might be soothing to the soul, the hot water causes skin to lose its existing moisture. Lukewarm baths can be beneficial with oatmeal or baking soda, Davis advised in the article.

An article titled "Dry Skin and Winter Itch" on *mothernature.com* reports applying moisturizer to damp skin is a good after-bath activity. Application immediately after drying off by a few pats of a towel instead of drying off completely is more effective.

Finally, *mothernature.com* also puts to rest the myth of drinking more water to remedy dry skin. The results of the practice do not suggest that there is truth to the method.

If constantly applying the same lotion used during the rest of the year is tiring and not working, try something new.

Unless waiting until the spring for dry skin to go away by itself is not a problem, these methods are sure to get results.

## HOROSCOPES



**Libra Sept. 23 - Oct. 22**  
Don't let that Frisbee hit you in the head. Take the opportunities before they hit you.



**Scorpio Oct. 23 - Nov. 21**  
You might cross paths with your soulmate this week. Don't creepily stare people down; just keep a watchful eye out.



**Sagittarius Nov. 22 - Dec. 21**  
Aggieville is calling your name. Whether you choose to listen, that's up to you.



**Capricorn Dec. 22 - Jan. 19**  
You need to add some adventure in your life. Be daring - hike up to the Manhattan letters.



**Aquarius Jan. 20 - Feb. 18**  
Though you are hopeful, you're not going to like all of your professors. Try not to bang your head against a wall. You. Will. Make. It.



**Pisces Feb. 19 - March 20**  
New year, new you. Time for a haircut! How about that mullet your mom liked so much when you were younger?



**Aries March 21 - April 19**  
Make it a goal to high five at least five people on campus this week. It will prove to be good karma.



**Taurus April 20 - May 20**  
Switch it up this year. Instead of dreading going back to school, host a party for it. If you can't, then you can dream it.



**Gemini May 21 - June 20**  
Don't be the person to hog up the Rec this year. Make your New Year Resolution to be the person soaking up the fresh air outside.



**Cancer June 21 - July 22**  
This might be your lucky year to make bank. Then again, it might not. Cross your fingers and keep on working hard.



**Leo July 23 - Aug. 22**  
If you're feeling spontaneous, skip that weekly trip to Chipotle and have yourself a healthy Mexican fiesta in your own kitchen.



**Virgo Aug. 23 - Sept. 22**  
Could it be? Is it really time for you to jump the gun and get that Twitter account?

-Compiled by Kelsey Castanon

# HOMESCHOOL | Cornerstone students defy stereotypes in college transition

Continued from page 1

However, some home-schooled students decide to get the collegiate experience right away.

"I think the more daring of us who were ready to run away from home-schooling and were tired of our parents were the ones who jumped here the quickest," said Caitlin Reynolds, senior in history and anthropology. "I think we are pretty well-adjusted."

According to Pat Bosco, dean of student life, K-State is often the No. 1 choice for home-schooled students in Kansas. K-State admissions representatives continue to recruit home-schooled students because of their overall success at K-State.

Getting the Grade

Getting into K-State is just the beginning. Adjusting to classes is its own set of hurdles for home-schoolers. Lovich said his community college classes in high school gave him a heads up, but there were still adjustments to make.

"The first couple weeks I was here were a little weird," Lovich said. "I wouldn't say I was overwhelmed, but it was so much bigger than Allen County. The only problems I had with teachers were normal problems every student has, like how I was graded on something."

The initial switch is not always as smooth as some would like. Some have a harder time adjusting to the larger class sizes.

"The first semester, I did not do exceptionally well," Mollenkamp said. "It is just that I was used to a smaller class environment. The next semester I did better and have gotten decent to good grades since."

With the increase in class sizes comes another distraction — the people themselves.

"I am used to doing my work on my own so that when I am around my friends I can have fun," Mollenkamp said. "I have had trouble working in a study group. I know other people can help, but when they are around I tend to get distracted."

Bosco said that home-schooled students are a "great group" of K-State students and tend to do very well in the classroom. Mollenkamp agreed and said those students perform well because of the



Eric Lovich (left), sophomore in architectural engineering, hangs out with a friend in his residence hall room. Eric is a graduate of Cornerstone Family Schools, a Topeka-based home-schooling group. His friends at K-State are largely unaware of his educational background.

strong work ethic instilled by their parents.

"Home-schoolers tend to see C's as barely passing and sub-par," Mollenkamp said. "I think it comes from having your parents see all of your work, not just grades. It is hard to hide poor work when they are doing the grading."

**Fitting In**

A heavily debated concern about home-schooling is a perceived lack of socialization. Lovich said it is one of the biggest pieces of the transition, but he believes his time in sports through Cornerstone prepared him well.

"I don't openly go around saying, 'Hi. My name is Eric and I was home-schooled,'" Lovich said. "Most students here, at least from my experiences, whenever I tell them I'm home-schooled, they are like, 'Whoa! Really?' They expect some weird, nerdy, freak kid."

Reynolds agreed that most home-schooled students pass by every day undetected, and

that might have something to do with their extracurricular activities and social groups.

"No one assumes you were home-schooled when you say you are on the debate team," Reynolds said with a laugh. "That's where all the liberals hang out. There's definitely a lot more diversity here than there was in home-school land. Most of the arguments or disagreements were about theoretical positions or nonsense like that. So then you come to college land, and you've got the hippies over here and the liberals over here. Home-schooled, conservative Christians are probably your smallest niche group."

Reynolds said she enjoys the diversity at K-State and the freedom to be her own person. During her sophomore year of college, Reynolds was forced to choose between the rowing and debate teams due to time conflicts.

"It was a big turning point in my college career," Reynolds said. "I think I picked the least home-schooler-ish

choice in that situation. I chose to hang out with people completely opposite of the kids I hung out with in high school. I think that was my break away from my last vestiges of home-school land."

This break away from "home-school land" was exactly what Reynolds needed in her life, but was very different from the path chosen by her younger brother Colin, sophomore in communication studies.

"He is big on campus ministry groups like Cats for Christ," Reynolds said. "He's much more on the straight and narrow, traditional home-schooler path than I ever took."

Although home-schooled students enjoy the freedom to choose to go down different paths and join a new social circle, problems can arise when ideas clash.

"Home-schoolers do not have to worry as much about the social scene and this relieves a lot of unnecessary pressure in high school," Mollenkamp said. "The problem

arises when they interact with people that don't understand their point of view. Interaction between home-schoolers and non-home-schoolers is similar to the interaction between people from different states. They are basically the same just with a different view point on life."

Despite the differences in education, Reynolds believes both groups need time to adjust to the collegiate social world.

"It wasn't some kind of culture shock and home-school girl had to run home," Reynolds said. "It was more just other people adjusting to me. It took a while for people to believe I had friends and could speak normal languages and not just Latin. Eventually I convinced people I knew what social interaction was."

**Staying Fit**

As a part of Cornerstone, Lovich and Mollenkamp competed in basketball, track and cross country during their high school years. After graduation, they had to make changes to keep themselves satisfied.

"I love playing basketball so much," Lovich said. "It's still hard for me to just go to games and sit there and just be happy that I'm there. I still wish I was playing, but I knew the reality of it. Not many people play Division I basketball, especially at a place like K-State."

Lovich keeps up with his passion by playing when he can at Peters Recreational Complex. Mollenkamp went in a different direction to keep in shape. He joined the Air Force ROTC program. Mollenkamp said he enjoys the early morning physical training sessions and combative classes that came along with the program.

"There is nothing like pitting your skill, strength and tenacity against an equally matched opponent to clear the head after a long day of math and science," Mollenkamp said.

Reynolds also took a different path from most home-schoolers when it came to athletic activity after high school. She was given the opportunity to join the women's rowing team and take the step up to Division I competition.

"You come from home-school land where it's more important that you are pray-

ing before games than practicing your free throws," Reynolds said. "Division I is all about your work ethic. Rowing was a different sport and we all sucked at it. It was a different sporting climate, but it was still a team. I think teams are important for settling into a new place."

**Staying Connected**

Like most high school students, home-schooled students also spend time planning their escape into the real world.

"I was like any other 18-year-old," Mollenkamp said. "I wanted to get out of my parents' house. When I graduated I went to work for my cousin in Idaho. When I was there, I did miss my family, but it was not too bad."

A child leaving the nest is a part of life, but it is often harder on home schooling families because they are together more than their public school counterparts.

"I think it's a typical parental feeling," Reynolds said. "It's probably a little bit different for home-school parents because they are used to having their kids with them all the time. Then all of the sudden, there is a shift to the kids not being under their control anymore."

As much as kids look forward to the escape, the parents look forward to the return visits.

"They always say when I come back that the house has all this energy and they miss that," Lovich said. "They aren't crying or anything. They know this is how it works."

Reynolds said it is a similar situation in her family when she and her brother have not visited home recently.

"I do not go home enough for my mom," Reynolds said. "She highly disapproves. I think she was insecure about it my freshman year, but my dad was cool with it and calmed the waters a bit."

With a couple years under their belts, these previously home-schooled students said they are still close with their families despite being an hour away from them. They said they appreciate the time they spent together over the years, but right now are enjoying their time apart.

"Obviously I miss home at times," Lovich said. "I get in a groove coming here and this almost feels like my home."

Pregame with the Collegian

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# Three-game stretch will define K-State's season



As a little kid, I always enjoyed riding the seesaw on the playground. I wonder if Frank Martin shares those same sentiments.

In the same fashion as one of my favorite childhood memories, Martin's ride through his fourth season in Manhattan has been full of ups and downs. It started near the ground with too-close-for-comfort wins over lesser opponents like Presbyterian and Loyola-Chicago, then skyrocketed with comfortable wins over two nationally-ranked opponents in Virginia Tech and Gonzaga.

The next game, a 14-point loss to top-ranked Duke, started the next decline in a year that's been full of mountains and valleys. The Wildcats responded to the loss with five straight wins, but the wheels once again fell off in back-to-back losses against Florida and UNLV.

The four-point defeat against the Runnin' Rebels, which came at the Sprint Center on Dec. 21, included

much more than just another tally in the loss column. Minutes before tipoff, members of the media were informed that guard Jacob Pullen and forward Curtis Kelly - the team's only two seniors - were ruled out after receiving impermissible benefits from a local department store. Just like that, the two players, who many predicted would lead K-State to its first Final Four since 1964, weren't even on the bench.

Three games later, Pullen returned with a bang, scoring 24 points in a 92-61 win over Savannah State. He vowed to once again emerge as a team leader and right the ship that was the Wildcats' season. His numbers backed up his claim, as he averaged more than 20 points in his next four games.

K-State's preseason All-American had returned to form, but there was still a problem: the Wildcats weren't winning. Despite Pullen's production, they stumbled to a 0-2 start in Big 12 Conference play, including their first home loss against Colorado since 2005.

The Wildcats' next game, a Jan. 15 matchup with Texas Tech, marked the return of Kelly. He was one of four Wildcats to reach double-digits in a 34-point victory. Once again, K-State's seat on the see-saw was on its way up. However, the trip to the top would be short-lived.

Looking to even its Big 12 record, Martin and the Wildcats traveled to Missouri to take on a struggling Tiger squad that had dropped two of its last three. Long story short: Missouri played inspired and K-State didn't. The Wildcats were in a double-digit hole before they could blink. They couldn't claw their way out and dropped a 75-59 decision.

Despite all the ups and all the downs, the 2010-11 season is far from over. The road doesn't get any easier, as K-State's next three games include dates with No. 11 Texas A&M, Baylor and No. 2 University of Kansas. A three-game sweep might be unrealistic, but if the Wildcats could manage a pair of victories in that stretch, they'll be right back in the game with a much-improved NCAA Tournament resume.

By that same token, if they continue to stumble, a 1-6 Big 12 record is likely in the near future. Expect the next three games to show what Martin and K-State are really made of, and expect those same games to pave the road for the rest of the season.

Simply put: it's time to get off the seesaw.

**Justin Nutter is a December graduate with a bachelor's degree in journalism and mass communications. Please send comments to [sports@spub.ksu.edu](mailto:sports@spub.ksu.edu).**

# CITY | Commission debates budget

**Continued from page 2**

Fire Station 5. Fire chief Jerry Snyder presented the proposed contract at the meeting.

The stations, he said, would help accommodate an estimated population increase of 2,400. With more lots available and 1,700 more proposed living units, there is a predicted population increase of 3,900.

The movement of Station 3 and addition of Station 5 would help improve response times, Snyder said. Currently, the fire department is not meeting fire response standards. These standards, he said, include the first fire respondent arriving in under five minutes and a full deployment arriving 90 percent of the time in under five minutes.

As it stands, the department has an average single unit response time of over six minutes and an average full deployment response in under five minutes only 11 percent of the time, Snyder said.

Land for the stations was purchased on Amherst

Avenue in 2003 and on Vanesta Drive in 2006. The land on Vanesta included a right to repurchase clause if the city had decided not to use the land. The city has exceeded the time allotted by an extension of the repurchase clause. However, Snyder said the former owners of the land are willing to cooperate with the city as long as the development of Station 5 moves forward.

The cost of the stations lay at the heart of the discussion. Murray and Sons Construction had the lowest combined bid for the two projects of \$4,440,250 — \$21,000 higher than the lowest individual bids from two different contractors.

However, Snyder highlighted the benefits of using a single contractor. Using a single constructor, he said, will simplify the construction process, make it easier with one point of contact, and ensure the stations are functionally similar.

With added expenditures of furniture, fixtures, and equipment and owner testing, the total for both sta-

tions is \$4,719,250, which exceeds the maximum estimate.

The choice of subcontractor for mechanical and electrical drew lengthy discussion. Originally, the commission chose Reid Plumbing Heating and Air Conditioning for cost savings, but ultimately decided to use Central Mechanical Services because of their experience with installing geothermal HVAC systems.

The switch of subcontractor added \$11,800 to the cost.

Snead said the construction project is very significant for the city's history in terms of fire protection.

"It's not an easy decision to proceed with projects like this; they take years of planning and design," Snead said.

A dozen new firefighters will be hired due to the construction of Station 5. The minimum staffing level is three firefighters in three shifts. The city will spend \$500,000 to \$700,000 a year operating the stations, depending on whether they are staffed by three or four firefighters.

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					4	5
6	3	7			8	2
1		3			6	
4	9		7			
	6			9		
			9	1	7	
9				3	4	
7	1			2	5	8
8	2					

Rules: Fill in the grid so that each row, column, and 3x3 block contains 1-9 exactly once.

8	6	9	2	3	4	5	1	7
3	7	1	8	9	5	6	2	4
4	5	2	6	7	1	3	9	8
9	1	8	5	4	7	2	3	6
5	3	6	1	2	8	4	7	9
2	4	7	9	6	3	1	8	5
1	8	4	7	5	2	9	6	3
6	2	3	4	1	9	7	5	1
7	9	5	3	1	8	6	4	2

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